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March 7, 2006

TO: Mail Stop Non-Fee Amendment

FACSIMILE NO.: (571) 273-8300

FROM: Richard C. Conover

FACSIMILE NO.: (406) 587-4330

RE: Response to Office Action

Applicant: Ralph Simpson, et al

Serial No.: 10/628,081

Filed: 07/25/2003

For: SPORTS TRAINING AND EXERCISE DEVICE

Art Unit: 3764

Examiner: Jerome W. Donnelly

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## IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant/s : Ralph Simpson  
Pete Draovitch  
Steve McGee

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Mail Stop Non-Fee Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450  
Fax: (703) 872-9306

RESPONSE

Dear Sir:

In response to the Office Action mailed December 19, 2005 for which a response is due  
March 19, 2006 regarding the above-identified application, the applicant responds as follows: